

Role of Physical Education and Sports in School Curriculum: A Look at National Education Policy

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Abstract: *The new NEP has several important components that are essential for the child and overall growth. The NEP recognizes sport as essential together with other subjects such as English or science, breaking down the strict division between academic and extracurricular activities, increasing the fun and engagement that students so desire in school. The curriculum should include courses in games, sports and fitness, as well as courses in science and social studies, which make education versatile, practical and rewarding. NEP proposes the integration of sports or the inclusion of physical activity in the learning methods of students and #039; physical and mental health while improving their cognitive abilities. Students participating in sports integrated education develop a lifelong attitude towards fitness and achieve the fitness level prescribed by the Fit India programme. To ensure that all children experience the magic of play and sport, and to create a nation of healthier and stronger children through the school system, we expect sport and play to be taught and valued with the same rigor and structure as core academic subjects. Focusing on vocational education contributes greatly to the overall development of children, and our hope is that students will be able to choose physical activity and sport as a vocational subject. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education.*

Keywords: National education, development, health, students, learnings

I. INTRODUCTION

The National Education Policy has been eagerly awaited and is developing pleasure throughout India and the training sector. Looking to recognize what to encompass and what to depart out. Every younger academician and pupil in India can acquire their more than one desired way to this new change. It throws light at the complete training device in India as it's miles a really perfect basis for each number one and better training. Inactivity is a prime fitness threat issue all through existence. When someone is inactive, the hazard of having coronary heart disease, neck and breast cancer, diabetes, hypertension, osteoporosis, tension and melancholy increases, amongst different sicknesses. Recent research have proven that the worldwide fitness effect of bodily interest is similar to that of smoking-associated deaths. Physical inactiveness has been as compared to a virulent disease due to its occurrence and excessive threat of disease. Interventions to sell bodily interest are wanted throughout the lifespan because of occurrence, fitness outcomes and variability.

The Institute of Medicine installed a committee on bodily training and the college surroundings to discover methods to make exercising a concern for kids and fitness. It aimed to research the present day country of exercising and bodily interest within the college surroundings, which includes earlier than, for the duration of and after college, and to have a look at how those elements have an effect on kids and younger human beings; quick and longtime bodily, intellectual and cognitive and psychosocial improvement. We have acknowledged considering that the start of civilization that many organs and bodily interest are interconnected. And earlier than that guy needed to combat to survive. Running, leaping and throwing are obligatory due to the fact they're the 3 simple movements. Darwin stated andquot;the battle for lifestyles andquot; existed in all regions of existence. However, as technological know-how and generation have significantly superior and modernization has occurred, the quantity of bodily interest has decreased, making hypokinetic issues greater common. In the present day pandemic situation, we see the cost of exercising, particularly for college-elderly kids. Movement is the idea of bodily interest and is vital for the boom of the kid and the

immune device. Therefore, the significance of bodily training is an critical element of the cutting-edge academic landscape.

Students have interaction in positive bodily sporting events in elegance to bolster and preserve their immunity, combat infectious sicknesses and lead a disease-loose existence. Therefore, faculties have to take note of the specified bodily training to sell superb fitness and preserve the situation of the kid. Physical training is a proper problem with educational necessities and consists of benchmark and standards-primarily based totally assessment. The desires of bodily training are the improvement of motor skills, expertise and conduct for a healthful lively existence, along with sports activities skills, self-efficacy and emotional intelligence. The cause of bodily training in faculties is to educate college students the technological know-how and practices of a bodily lively and healthful lifestyle (3). It gives area for participation in developmentally suitable bodily interest aimed toward enhancing kid's fitness, health and nice and gross motor skills. Their cappotential to make a contribution to the introduction of a kingdom and its many increasing developmental desires on the only hand and a simply and egalitarian society at the different, a imaginative and prescient of India and a brand new training device is advanced to the touch human beings's lives each citizen. One of the guiding thoughts of NEP is multidisciplinary and complete training. The curriculum have to encompass guides in games, sports activities and health, in addition to guides in technological know-how and social research, which make training versatile, sensible and rewarding. NEP proposes the mixing of sports activities or the inclusion of bodily interest withinside the mastering techniques of college students and #039; bodily and intellectual fitness at the same time as enhancing their cognitive abilities. Students collaborating in sports activities included training broaden a lifelong mindset closer to health and acquire the health degree prescribed with the aid of using the Fit India programme. In addition, it improves their cooperation, initiative, teamwork and responsibility. Other techniques for college kids and #039; NEP additionally recommends publicity to sports activities and different sports in faculties and colleges. It gives greater problem alternatives and flexibility, permitting college students to pick bodily training as a obligatory course.

Practically, it's also provided andquot;bagless andquot; an afternoon in which college students can take part in extracurricular sports and nearby craft sports along with sports activities and gardening. NEP additionally promotes the introduction of golf equipment at college, university, district and different levels, which includes sports activities, yoga and fitness and well being groups. To offer a various and interesting atmosphere, universities also are starting to encompass disciplines along with sports activities, artwork and music. Undergraduate applications award credit score for such guides. The coverage proposes to create a curriculum framework for grownup training. In addition to simple literacy, numeracy and training, the framework covers existence skills (along with fitness and awareness, childcare and training and own circle of relatives wellbeing) and similarly training.

Health education

The NEP lists health and nutrition, physical education, fitness, well-being, sports, sanitation and cleanliness as important subjects, skills and abilities that everyone should learn and notes the importance of health education in schools. Therefore, the NEP proposes to make health education a mandatory part of the curriculum, which would include mental health, healthy nutrition, personal hygiene, disaster, first aid and the negative effects of alcohol, cigarettes and other substances. . This is an important reform that can lead to a change in behavior towards healthy habits, considering the increase in non-communicable diseases and the use of inappropriate nutrition. However, there is no road map or reference framework for incorporating health education into the NEP curriculum. much depends on how the policy is implemented.

Importance of physical education in school:

Experiential learning is applied at all levels, exploring the connections between different disciplines, as well as practical learning, education that combines art and sports, and, for example, pedagogy focused on storytelling as a standard practice within each subject. Classroom activities are transformed into competency-based learning and teaching to address the achievement gap. Learning is consistent with the learning objectives, skills and attitudes listed for each subject in the given class. The cross-curricular strategy known as arts integration uses different aspects and expressions of art and culture as a basis for understanding concepts in different courses. Another multidisciplinary educational strategy is physical integration, which uses physical activities such as indigenous sports in pedagogical practices to

promote the growth of skills such as cooperation, initiative, self-management, self-discipline, teamwork, responsibility, citizenship, etc. To help students develop a lifelong attitude towards fitness and achieve the fitness level envisioned by the Fit India movement, sports-integrated learning is used in the classrooms. Sports support holistic development, improving physical and psychological well-being as well as cognitive abilities, so their inclusion in school education is a clear necessity



Fig-1 Importance of sports for students

II. CONCLUSION

The updates in the national education policy have been eagerly awaited and are causing confusion in India's education sector. wanting to know what to include and what to leave out. Every young academician and student in India can achieve their multiple goals thanks to this new change. It throws light on the entire education system in India as it is an ideal foundation for both primary and higher education. Vocational training is an important area of development for India's youth. The most important development goal is education in India, both urban and rural.

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